

Boston

September 9, 2008

Dear Boston Firefighter:

I don't need to tell you that being a firefighter carries long-term health risks, in addition to the immediate physical risks involved in fighting a fire.

The good news is that early detection can help prevent these diseases. However, early detection begins with a regularly scheduled annual physical and Boston firefighters as a group need to make getting their annual physical a higher priority. Currently, only 32 percent of firefighters get an annual physical examination as compared to 50 percent of City of Boston employees as a whole.

Over the past several months, the City has been working with one of its primary health insurance providers, Harvard Pilgrim Health Care, to develop a Wellness Initiative designed to help you – and make it easier for you to – stay healthy. The main components of the Initiative are as follows:

- Harvard Pilgrim will conduct on-site screenings for two health problems closely linked to firefighting – high blood pressure and high cholesterol. Harvard Pilgrim Health Care will visit each of the Boston Fire Department's locations at times that will accommodate all shifts. You will also be able to meet one-on-one with health professionals who will explain the results and make individual nutrition recommendations. These screenings are strictly confidential and will be free of charge to you. You may take advantage of the screenings even if you are not a Harvard Pilgrim Member.
- Harvard Pilgrim allows your primary care physician to perform additional screenings and lab tests during your annual physical examination. These screenings and tests are designed to deal with the particular health risks associated with firefighting. Dr. Michael Hamrock, the Fire Department's Medical Examiner, will provide you with a letter to primary care physicians outlining exactly what screening and tests should be performed. Again, these procedures will be available during your annual exam at no additional expense to you.
- In addition, the Department will invest over the next year in new fitness equipment at each station. Dr. Hamrock has identified a number of pieces of fitness equipment that should be available at each station.



Thomas M. Menino, Mayor/FIRE DEPARTMENT/115 Southampton Street 02118

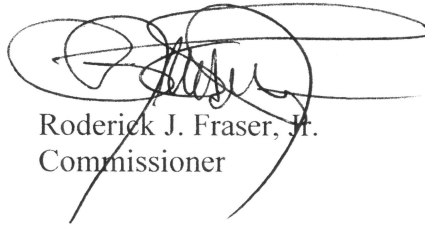


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The City is offering this Wellness Initiative because we understand the health risks you face and appreciate that you face them to protect all of us. We are asking for nothing in return – other than your participation.

We will be providing you with further information, including screening schedules and more specific instructions, in the coming days. If you have any questions, please feel free to contact me personally.

Sincerely,

A handwritten signature in black ink, appearing to read "R. Fraser, Jr.", with a large, loopy flourish extending from the end of the signature.

Roderick J. Fraser, Jr.
Commissioner